



FCSN SLS & ILS Newsletter

Spring 2015

Announcements

- [April] Cooking Class with
 Chef Brady
- [April] Grow a Dream
 (Planting Project)
- [May 20th] Capitol Day – Special
 Needs Awareness rally
 in Sacramento
- [May 30th] Living Service
 Trainers' BBQ
- [Wednesday] Martial Arts class
 Wednesdays 4pm-5pm
- [Wed & Th] Art class
 3:30pm-5:30pm



New Experiences

My New Job

After Volunteering for more than 3 years at the Oakland A's coliseum, I am finally a paid employee of this place. My SLS trainer, Stephanie helped me prepare for my interview and went with me. I also already went to orientation with my Case Manager, Matt and I received my uniform. I am happier now with this job than I have ever been at any other job. It's a job I enjoy, and it is even more fun now that I will get paid. Hopefully I work in October because that month was fun last year. I am more excited than nervous. I hope I do well this season.

By: Michael Hammonds



Martial Arts Class

I really like Martial Arts class with Benny. This class is so fun just like I learned at Day Program with teacher Minh and Rich. The kicks and punches help me get more flexibility and to be stronger. It takes place right outside of my apartment. Perhaps I will demonstrate these new martial arts techniques to everyone from CIDP. I definitely enjoy it and Benny is a great instructor.

By: Laurie Chu



Activity Planning Committee

On March 19th, some of my friends and I met for Activity Committee Meeting. We discussed some activities to do outside of our usual, Rhythm Makers and Dream Seekers etc. We discussed summer activities such as traveling to places not on FCSN campus. We planned trips with our friends and other people from SLS apartments. Some ideas include when we get free tickets to games and museums. Also take a walk on the boardwalk or go to the beach on summer day and follow a beach trail. Also some people had the idea to go to museums with their friends or to parks. Just like last year when we went to the Monterey Bay Aquarium. We need to check with our staff to plan to travel to different places with friends and staff. We liked the ideas for Disney Family Museum and the Academy of Science, for all trips you can bring your own lunch or buy lunch; we need to bring extra money for souvenirs. Also, we talked about breakfast out on weekends and movie nights. This was helpful because you can have fun with your friends and plan a summer vacation or activity.



By: Kendra E. Laird



Disneyland's 60th Anniversary



By: Raymond H.

Disneyland will celebrate its 60th Anniversary in this summer. The land was full of orange groves and walnuts trees before Walt Disney bought it 60 years ago. With his direct supervision, that piece of land became Disneyland eventually. The park officially opened to the public on July 17, 1955. Disneyland was the only attraction in Anaheim, Orange County, California before 21st century. The park opened with 5 theme lands: Main Street USA, Adventureland, Frontierland, Fantasyland, and Tomorrowland. Since there were still a lot of open spaces, Disneyland has undergone a number of expansions and major renovations within 3 decades. Disneyland became very popular among children since its opening, and I was one of them. I've been there numerous times, mostly with family. I remember the first time I visited Disneyland was 1979. Some of the original rides have been vanished and several new attractions were added since then. Now, 60 years later, The Walt Disney Company owns Disneyland, other Disney parks, and ABC American broadcasting company. I am sure there will be a huge celebration for Disneyland's 60th Anniversary.

Special Needs Got Talent!

By: Kristin O'Rourke



I was wearing a black dress, black tights, and black heels. I got on the stage and danced of course. I was watching all the different performances. My experience was EXTREMELY awesome and fun this is because I danced with my boyfriend Rod Gomez as well as my friends in **Dream Seekers**. While on stage, a lot of people were watching us and I was the center of attention, all eyes were watching me. My parents were cheering me on and my staff Gizella too. I was a shining super star on that stage. I felt famous of course. I felt popular. My mom took a video of me on her cell phone and she put it on Facebook and my dad took the video and put it on a disk so that I could watch it on a computer. I was so proud of myself that I got on stage and I was so happy about it. After that, I went home with my parents. I had so much fun at the special needs got talent. Thank you! I hope my experience next year is that I sing for my grandma and grandpa who have passed.



Special Events

Valentine's Day

By: Cindy Chua



I had a really romantic memory with my fiancée for this year's Valentine's Day. I never had so much fun with him before. He dated me out for dinner. We went to Olive Garden, which is our favorite restaurant. We ordered salmon, chicken, salad, bread sticks, and dessert. Also we exchanged cards and gifts. My fiancée gave me a soap, and it smells great. The card that he gave me had a big heart on it. It surrounded by lots of small hearts. It was very nice of him. I love him very much.

"Tip a Cop"

By: Jessica Montecinos & Kelly Kirk

Our staff Maria took us to P.F. Chiangs, where we were invited to join the Special Olympics "Tip a Cop" event. We wore our WinStar tops as well as our medals. We were surprised and excited to see the Fremont Police Department and the Fremont Police Explorers. The manager of the restaurant was sweet enough to treat us with their delicious food. After we ate, she gave us a tour around the bar and the kitchen. Also, we got to experience how it was like to set up the tables and we greeted their costumers to their tables. Then the policemen took over, they helped the costumers and talked to them about what Special Olympics s and how it benefits when money is raised. It was nice to see the cops take a different job for the night. Afterwards, we took pictures with one policeman; he was very kind and open to talk to us for a little while. Overall, it was amazing to be part of such a great event.



Chinese New Year (Year of the Goat)

Chinese New Year Dumpling Making Class and Puppet Show

I really enjoyed learning to make dumplings and meeting a lot of different people to celebrate their Chinese New Year. Also, I really liked the way they did their puppet show as well as learning from how the story went. My goal is being an artist, learning how to get along with my future roommates, make a lot of friends and try to learn their heritage. Next time if there's going to be another event such as this one, perhaps my dance crew from Creative Growth might be interested to perform as well so they

can see how well we can dance with our music also.

By: Lynn Pisco



Chinese New Year

It was so fun to make dumplings at FCSN with my friends. The SLS had a puppet show and it was funny and I really liked Benny's voice. I was very happy and I saw some of my roommates making food with the help of staff and also Olivia who is always so nice to me. Everyone always helps the consumers to learn to make dumplings and they have their hearts here. Thank you so much to Benny because he always makes me feel comfortable and helps me learn new things. I liked everything on Chinese New year and all my friends and SLS Case Managers too.

By: Becky Wang
(AKA Elsa)

恭賀新禧



Chinese New Year Play

SLS Case Managers, Supervisor and Program Manager worked together to create a puppet show to celebrate Chinese New Year.

Consumers and staff enjoyed the show after dumpling making class.



SLS & ILS Family

My 1st Year at FCSN SLS

So far working here at FCSN has been an adventure since everyday seems to bring something fresh. From the moment I pull into the lot, friendly faces greet me, usually by one of the consumers or the staff; it's a positive way to start the day. When I pass through the gates, I enter into the lives of each of the different residents. I've become a part of their story and they have become a part of mine and soon I become very aware that I'm now a member of this exclusive club. Not many people understand the struggles that people with special needs face and what amazing people they can be. But to those of us lucky enough to know, they are friends and family, artists and celebrities. Working here at FCSN has opened my eyes to the world of people with special needs. Here I see that they have hopes and dreams, fears and insecurities, just like every one else. Knowing this is a humble reminder that we are all humans inhabiting this planet called Earth.

By: Hubert Tai

My Experience as an ILS Trainer

Working at FCSN as a trainer, mentor, and teacher has its challenges as well as rewards. I

have had the opportunity to work with several clients with different disabilities and challenges as well as personalities. This has been a learning experience for me as well as them. Each client brings his or her own individuality and unique style. Working with the parents, friends, love ones, and support team can be challenging as well; their desires and the desires of the client can some times differ. Some challenges that I have encountered is being able to acknowledge that my clients have a mind of their own and rightfully so. They are encouraged to lead full, enjoyable, and productive lives based on their individual needs and desires. Helping clients create and maintain balance in their schedule is one of my goals as a trainer. Some of the many rewards are a sense of accomplishment that comes with achieving a desired goal. To accomplish any goal requires time, commitment, understanding, and above all patience. Being a part of helping enrich someone's life is probably the greatest feeling of accomplishment of all.



By: Rosie Soto





Trainer of the month

Caring
Assertive
Nice

-

Honest
Unique
Incredible



Receive our most sincere gratitude for all your hard work and outstanding contributions as a member of the SLS team. We know how much time and energy this job demands; we deeply appreciate you and all your effort and dedication. It is an honor to know we can count on you.

Sincerely,

FCSN Living Service Management Team.

Staff Appreciation Day

This year, FCSN management and board members went out of their way to show appreciation and thank all the employees by sponsoring a staff appreciation event. This is our third staff appreciation party; there were games and prizes like the past years but this year, it was made sure that nobody left without a prize. It was a very fun event with delicious food. I was glad to get to spend quality time with everyone and celebrate one more year of hard work and endless satisfactions. Everyone left with a big smile. I am looking forward to next year's appreciation celebration! Thank you FCSN!

By: Claire Brady



All Staff Training Day

I would like to take the time to thank Friends of Children with Special Needs for such an in depth, hands-on training on critical thinking, counter transference/transference and understanding my coworkers' work style and personality. These training sessions enrich the continuity within the workspace, and allow me to focus and improve the quality of my work. I am as well pleased that FCSN has presented me with a certificate for my 5th year anniversary of service, I am happy that FCSN has recognized the hard work, loyalty and my commitment to FCSN's mission.

By: Mathew Jouselin



Happy Birthday!

- ❖ Kristin
- ❖ Kendra
- ❖ Andrew
- ❖ Kelly
&
- ❖ Chris



Happy Birthday Jenny, Claire & Mathew!



This Season's Newsletter was edited by:
Claudia P. & Benny W.

Special thanks to our star photographer:
Antonio Ariza
& to all the amazing writers.

